

## 2Ham, LS300

Number of Servings: 300 (58.97 g per serving)

Amount	Measure	Ingredient
39.00	lb	Pork, cured ham, lean, low sod, ckd

### Nutrients per serving

Nutrition Facts			
Serving Size (59g)			
Servings Per Container			
Amount Per Serving			
Calories 90		Calories from Fat 30	
		% Daily Value*	
Total Fat 3g			5%
Saturated Fat 1g			5%
Trans Fat --g			
Cholesterol 30mg			10%
Sodium 570mg			24%
Total Carbohydrate 1g			0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 12g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Instructions

Place ham in roaster and Bake at 325 degrees F.  
Each 15# if ham is fully cooked will reach 165 degrees F in approximately 3 hours.  
For cured ham, not precooked, increase cooking time to 4 to 4 1/2 hours. Bring to internal temperature of 165 degrees for serving.

Serve 2 oz slice of ham = 2 oz meat

### Notes

Be sure ham purchased is LOW SODIUM. If low sodium ham is not available purchase and prepare fresh turkey or pork roast instead.  
Ham should be 285 mg sodium or LESS per OUNCE.

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F